



Naval Station Guantanamo Bay Fire department personnel Rob Murray and Jason Peck instruct Yeoman 2nd Class Taras Demyanchuk on proper fire extinguishing techniques during a Fire Prevention Week interactive demonstration at the Gold Hill galley, Oct. 11. Fire Prevention Week was held at numerous locations on base, Oct. 8-12.

GTMO's Fire Department Holds Week-Long Fire Prevention Event

MC2(SW/AW) Justin Ailes

Gazette Editor

Fire department officials at Naval Station (NS) Guantanamo Bay, Cuba, held Fire Prevention Week at numerous locations on base, Oct. 8-12.

Fire Prevention Week is the longest running, national safety education campaign. This year's theme is "Know 2 Ways Out," and is designed to promote fire safety in the home and workplace.

"Each year the National Fire Protection Association has a new theme based on national trends, such as common causes of fires and common causes of injuries and deaths," said NS Guantanamo Bay Fire Inspector Clifford Foley. "Guantanamo Bay's Fire department scheduled events throughout the week presenting this year's theme and other fire safety topics. Going to these various locations allowed us to maximize our contact with a majority of the base population and spread the fire safety message."

During the week-long event, a drawing contest for all school-age children was held, with the winners receiving gift cards and gift packages donated by the installation's Navy Exchange (NEX).

"I would like to give recognition and extend our gratitude to the NEX for their support to make this contest possible," said Foley.

Throughout the week, an information booth was set up with fire safety info and novelty items at the NEX. Fire department personnel also utilized the NEX location to introduce their latest robotic attraction, "Pluggie the Robot Fire Hydrant."

"Pluggie is operated by remote control and headset," said Foley. "Pluggie rolls around on wheels, has a built in water squirter, and is able to move his eyes and eye lids."

Student's ranging from pre-school to eighth grade were shown videos emphasizing the importance of having a home fire escape plan as well as provided with informational demonstrations

MCPON Sends 237th Navy Birthday Message

Master Chief Petty Officer of the Navy(AW/NAC)Mike D. Stevens

Navy News Service/Navy.mil

Shipmates and Navy families,

As we honor the 237th birthday of the United States Navy, I would like to express my deepest gratitude to all Sailors, civilians and family members for your service and dedication to our great Navy.

One of the primary reasons I believe our Navy is so great is because of the way we treat each other with decency and respect and how we conduct ourselves professionally. This is something that we should all actively strive to do every day. It adds value, influences those around us in a positive way, and is truly important to our primary mission of warfighting.

I personally look to our history as a roadmap and a guide to help us stay the course and aid us in navigating through the challenges we face today. It is these challenges that create the opportunities that allow us to grow as Sailors, citizens and leaders. The Navy's birthday gives us a chance to think about the things that we are doing today and how we are creating history from which future generations can draw courage. In everything that we do, we need to provide future generations something to be proud of and celebrate. This is our time and we are part of a new history. We must seize the day, because if we don't, who will?

To all of our Sailors and Navy families, I would like to wish you a very happy birthday as we celebrate 237 years of excellence and service to our great Navy.

All the Best!

Very Respectfully,
MCPON

Any Day in GTMO



Congratulations to NS Guantanamo Bay's Junior Sailor of the Quarter ET2 Christopher Whitlow and Bluejacket of the Quarter YNSA Richard McPherson. Both Sailors were announced as recipients during an award presentation ceremony at the installation's Bulkeley Hall, Oct. 11. (Not photo'd, NS Guantanamo Bay Sailor of the Quarter GM1 Homer Small.)

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NAVAL STATION GUANTANAMO BAY, CUBA

GUANTANAMO BAY GAZETTE

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KELLY WIRFEL
MC2(SW/AW) JUSTIN AILES
MC2(SW/AW) JUSTIN AILES

GTMO's Chaplain Services Hold "Pet Blessing" Service

MC2(SW/AW) Justin Ailes

Gazette Editor

Chaplain Services and Our Lady of Charity of Cobre Catholic Community at Naval Station (NS) Guantanamo Bay, Cuba, hosted a "Blessing of Animals," Oct. 5.

Held at the base chapel, the community outreach service provided well-wishes and blessings for community members and their pets.

"It is a common celebration among Catholic parishes and schools to have a blessing of animals," said NS Guantanamo

Bay Staff Chaplain Lt. Tung Tran. "We call God's blessing on us and on our pets that are man's companions...animals that help man do his work."

Several community members, along with their dogs and cats, attended the service which featured hymnals, readings of scripture, and prayer.

"This service hopefully helped the participants feel that they, and their pets are special and are blessed," said Tran. "Further, that they are called to responsible stewardship of the environment which includes air, water, all kinds of animals, and other human beings."



NS Guantanamo Bay Staff Chaplain Lt. Tung Tran anoints "man's-best-friend" with holy water during a "Blessing of Animals" service at the base chapel, Oct. 5. Community members were invited to bring their pets to the service which featured hymnals, readings of scripture, and prayer.



Chaplain's Corner

Discovering Something New

Lt. Larry Jones

NS Guantanamo Bay Deputy Chaplain

We've just observed Columbus Day, a U.S. holiday that

commemorates the landing of Christopher Columbus in the new world on October 12, 1492. Since 1937 we've honored the many discoveries he made on his cross Atlantic voyages. I would venture to say in order to make voyages such as Columbus, it takes a lot of courage to overcome the fear of the unknown, faith to hope for the impossible to be made possible, and a sense of

adventure. The journey of becoming a self-sufficient adult is one filled with uncertainty; however, with the encouragement of family, a desire to be better and want more than what we've been exposed to can serve as the catalyst to start the journey of discovering what life will be for us. The journey of discovering new things in life can continue until it is our time to depart this life. Don't allow fear or complacency to keep you from stepping out on a new journey in your life. What new life discovery are you afraid to pursue? I encourage you to never stop having that sense of adventure. Have the courage to overcome those fears and let your faith sustain you as you hope to see the impossible made possible on your journey to discovering something new.

2012

HCHA dinner & dance



Community members fill the Windjammer ballroom during the Hispanic American Heritage Association's 2012 dinner/dance, Oct. 6. Held in coordination with National Hispanic American Heritage month, the event showcased cultural diversity.

Hispanic American Heritage Association Promote Diversity

MC2(SW/AW) Justin Ailes

Gazette Editor

The Hispanic American Heritage Association (HAHA) at Naval Station (NS) Guantanamo Bay, Cuba, hosted their annual dinner/dance at the Windjammer ballroom, Oct. 6.

Held in coordination with National Hispanic American Heritage month, the event celebrated Hispanic American cultural and promoted diversity among base residents.

"This event had a huge impact on the community," said NS Guantanamo Bay HAHA President Doraima Alvarez. "Attendees were able to enjoy and see our diverse culture. We are very happy with the turn-out and the positive feedback we are getting from the community."

Prior to dinner service, NS Guantanamo Bay Commanding Officer Capt. J.R. Nettleton made opening remarks and Administrative Officer Chief Warrant Officer Jose Cabret translated for those in attendance.

"We are here capping off a month-long celebration honoring the history, culture, and contributions of Americans who trace their roots to Spain, Mexico, the Caribbean, Central and South America," said Nettleton. "The strength of our Navy and our

nation is derived from the diversity of our people, and Hispanic Sailors play a critical role in our Navy."

National Hispanic Heritage Month is the period (Sept. 15-Oct. 15) when people recognize the contributions of Hispanic and Latino Americans to the United States and celebrate the group's heritage and culture.

"An event like this is important towards displaying cultural diversity because of our unique location," said Alvarez. "We have such a diverse population in GTMO and we need to share each other's cultures and learn from each other."

During the event, NS Guantanamo Bay Navy College Office Director Julio Garcia served as guest speaker and W.T. Sampson students provided a musical dance performance with a traditional Hispanic theme.

"The elementary student's practiced every day after school and I am very proud of their work," said Alvarez. "I would like to thank the entire community for supporting our event and especially the HAHA members who helped put together this amazing experience. I look forward to starting next year's planning already, and I can't wait to see what kind of amazing performances we can put together again."



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FIRE PREVENTION WEEK ■ From **cover**

from base firefighters.

"A firefighter was dressed out in fire protective gear to show kids how a firefighter looks when fighting fires," Foley said. "After the videos, we had open discussions explaining different ways of how to prevent fires, and why students shouldn't play with matches & lighters. They received training on proper fire extinguisher use and they were able to use an extinguisher on a controlled live fire."

Prior to the conclusion of the week's events, The Fire Prevention Week team also set up an information booth and fire extinguisher trainer at the installation's U.S. Naval Hospital and Gold Hill galley.

The Fire department will host the "Grand Finale" at the installation's downtown Lyceum, kicking-off with a one-mile family fun run, Oct. 12.

"There will be a barbecue with free food and drinks, a bouncy-house for kids, a fire truck pull, fire brigade relay, fire extinguisher training, smoke house, and a fire safety booth with information and free novelty items," Foley said. "A demonstration will be presented to the public on the dangers of having live Christmas trees in the home and the dangers of using turkey fryers. A Christmas tree will be lit to show the audience how fast a tree can burn, and a frozen turkey will be placed in a pot of boiling oil."

According to Foley, when a frozen turkey is placed in a pot of boiling oil, it will cause the oil to react violently, spilling the oil over the pot and into the flame.

"This will cause a large fire ball to shoot into the air," said Foley. "After the demonstration, the audience will be able to watch a team of firefighters attempt to extinguish a blaze using the department's mobile aircraft fire trainer."

The installation's Fire department continues to extend its invitation to all base personnel and families to observe fire safety practices.

"We have a large population with many different backgrounds," said Foley. "With that said, not everyone has had fire prevention stressed as a daily living habit...it is our job to educate the population to try and deter bad habits and encourage fire safety as a second nature. We also have to consider that this base has lots of old infrastructures, so having a progressive fire prevention attitude will help curtail fire mishaps."

For more fire safety tips, contact Fire Prevention at, fire.prevention@usnbgtmo.navy.mil or call 4179.



Service members check out free informational give-a-ways provided by the installation's Fire department as part of Fire Prevention Week, Oct. 11.

USNH Guantanamo Bay Urges TRICARE Enrollment

Stacey Byington

USNH Public Affairs Officer

TRICARE is the health care program for uniformed service members, retirees and their families worldwide. U.S. Naval Hospital Guantanamo Bay (USNH GTMO) is encouraging all TRICARE eligible beneficiaries on the installation to enroll in TRICARE if they have not already done so.

Due to GTMO's unique and isolated environment, there are only two options for TRICARE enrollment here: TRICARE Overseas Prime (available to active duty service members and their command-sponsored family members) and TRICARE Plus (available to retirees).

All active duty service members and their command-sponsored family members should enroll in TRICARE Overseas Prime (TOP) while living at GTMO. The primary reason is to ensure financial coverage in the event an emergency medical evacuation (medevac) becomes necessary.

The enrollment process is easy. For service members, the first step is to complete the TOP enrollment form, and then submit it with a copy of their orders. The process is the same for command-sponsored dependents. The only difference is that they should submit a copy of their dependent entry authorization with the TOP enrollment form instead of the sponsor's orders.

Unaccompanied service members stationed at GTMO with family members living in the U.S. or other regions may have a "split enrollment". The service member's enrollment into TOP at GTMO does not affect their family members' TRICARE enrollment in the states or respective region.

All TRICARE enrollment forms should be submitted to the TRICARE Service Center located at the Naval Hospital, rm. 122.

Military retirees can enroll in TRICARE Plus while living at GTMO by completing a TRICARE Plus enrollment form and submitting it to the TRICARE Service Center. TRICARE Plus equates to TRICARE Standard when overseas beneficiaries are in the U.S. seeking treatment. TRICARE Plus covers services offered by USNH GTMO, but it does not cover medevac coverage to/from GTMO. There are companies that provide gap insurance should a retiree wish to purchase this separately.

Due to the high cost of an emergency medevac (could exceed \$30,000), all base residents are encouraged to have some sort of medevac insurance.

For TRICARE enrollments and questions, please contact the TRICARE Beneficiary Services Center representative in person at the hospital, rm. 122, 7 a.m. – noon, or 1 – 4 p.m. The phone number is 72017. The email address is mckinneyme@medprotectllc.com.

GTMO SHOPPER

E-mail classified ad submissions to
PAO-CLASSIFIEDADS@USNBGTMONAVY.MIL

If sent to any other e-mail, it may not be published. Submit your ad NLT noon Wednesdays for that week's Gazette. Ads are removed after two weeks. Re-submit the ad to re-publish. The Gazette staff and NS Guantanamo Bay, Cuba, The Public Affairs Office has final editorial discretion on all content. Call MC2 Justin Alles at 4520 with your questions or concerns.

VEHICLES

'97 Jeep Wrangler TJ. 2.5 Liter 4 cylinder. manual transmission, new water pump, new removable back seat, new MP3 CD stereo. Available Oct. 16. \$6000 OBO. Call 79525, ask for Shawn

'97 green Ford Explorer \$3500 OBO. 4 new tires, new battery, a/c, 4 wheel drive, 124k miles. Call Sharon at 2512 or 84150

'94 22' STARCRAFT \$7500 OBO. With trailer, inboard/outboard, tackle box approved. Fishfinder, cabin, deepwell and much more. Call 4849 days or 77118 evenings. Ask for Walt

19' Center Console w/90HP Johnson OB, and trailer. All new Garmin Fish Finder/Humming Bird GPS Combo, Wise seat w/live-well, five flush Attwood rod-holders, nine separate stand-alone rod holders, four lay down rod/gaff holders, two rod out riggers, marine FM/CD/AUX w/speakers 1500 GPM Bilge, SE300 Hydrofoil. New topside, non-skid deck, and bottom paint, \$7500. Call 77677 or 84532

'90 Nissan Maxima a/c screams along with the stereo. Good condition, \$2000. Call 77501

'02 Chrysler Sebring LXI Coupe 3.0L, 99800 miles. New radiator and battery. A/C works. \$2800. Home: 77082, Work 8191, email cdmoats@yahoo.com

26' foot Pontoon boat for sale. Ready for diving, snorkeling or swimming. Turn key ready with lots of stuff included. \$4,000 OBO. Contact Rich at 84742

'93 Jeep Grand Cherokee Laredo V8, 4x4, automatic, new tires, new MP3 CD stereo, tinted windows, very good condition. \$2900 OBO. Call 77696 or email j.rahamy@yahoo.com. Need to sell by Monday

'00 gold Honda Odyssey, Mini-van, 176k M, G8 AC frnt / bck, Nw Tires, Powr wndw/doors, 7 Pass, Bck Seats Fld Dwn. Tv, \$7500. Call Rona at 79586 (ready in Nov.) or email volstark@yahoo.com

ELECTRONICS

iMac, Apple 21" desktop, Intel Core i3, \$600 (neg.). Call 75849 or email skilbert_1981@yahoo

Bose Acoustimass 16 Series II 6 speaker and a subwoofer surround sound system. Comes with speakers, wall mounts and Sony 7.1 channels receiver, \$900. Insanity workout complete DVD set, comes with mat, \$50. First Generation 60GB PS3, PS1 and PS2 backwards compatible, comes with Uncharted 2 & 3, COD 2 & 3, Skyrim, Assassin's Creed Revelations, \$300. HID Xenon Lights conversion kit for cars and lights, \$50. Assortment of DVDs & Blu-rays, cheap \$ (price varies, call to inquire). Canon MF4320 All-in-One laser printer, fax, copier, scanner, comes with 2 extra ink toners, \$100. FMI, call 75885

40" Sony Bravia - LCD TV. Like new with box. \$425 OBO. Call 77704

Internet StarBand Satellite Dish w/ everything you need to watch Netflix / FaceTime. 100" display - 1080P High Definition Projector. Beautiful HD Picture. Blue-Ray's, Xbox games, New Toaster, New Blender, Coffee Maker, Rice Cooker, Many kitchen items, nice furniture and lots more. Email WilsonB@PoBox.com

MISC

Wagner Power Steamer, like new w/all original accessories, \$75. Call 77806

Tae Kwon Do uniform, men's size medium, \$10. Call 77806

Wooden TV tray, \$5. Call 77805

Gray carpet 12' x 15', \$60. Burgundy carpet 9' x 12', \$30. Clothes dryer, \$90. Call 77806

Deep Freezer Chest. Haier 5.0 cu. ft. freezer holds up to 175 pounds of food. \$125. Call 77625

3 piece leather sectional couch, brown, double recliner, pull out bed. \$300 OBO. FMI, call 90371

OUTDOOR REC

Brand new Men's Zeagle Rangle Limited (Medium) with all the bells and whistles. Never been used. 44 lb. lift capacity Ballistic bladder (standard, other capacities available as options). 30 lb capacity Ripcord® weight system. 20 lb. capacity rear trim weight system. PFS Modular Sizing, heavily reinforced 1050 denier Ballistic nylon construction, 11" grommets for mounting twin cylinders, 2 zippered utility pockets at sides, adjustable elastic waist panels, 4 stainless steel D-rings on shoulders (two adjustable), 2 stainless steel D-rings on vest, adjustable sternum strap, single or twin tank capability, dry weight: 9.5lbs and more, \$830. Email humboldt11@yahoo.com or call 84809

YARD SALE

Oct. 13, Villimar 12B, 0700-1200

Oct. 13, Nob Hill 15A, 0700-1000

No Early Birds Please

Oct. 20, Villimar 12B, 0700-1200



FLAMINGO FLOCKING

Surprise your friends with a yard full of plastic pink flamingos. All it takes is a \$20 donation. Flocking insurance is also available for donation to protect your yard. Brought to you by the 2013 Seabee Ball Committee. FMI, call 4148.

SPACE 'A' SIGN UP

A new way to sign up for Space 'A' has arrived. You may now email your leave chits to ATOC@USNBGTMONAVY.MIL. Remember, you can only be signed up the day your leave begins.

GAS STATION CLOSURE

Sadly, the gas station is closed until further notice. But hey, there's hope. To purchase fuel, simply go to building 1040 on Rogers Road, across from C-Pool, Monday-Saturday, 1400-1800. Don't forget, it's cash only. Get there early, there may be a line.

MENU REVIEW BOARD

The USNH galley is re-opening soon (yes!) and in preparation the USNH Nutrition Management will hold a menu review board Oct. 15 at 0900 in building H14 (behind the main hospital complex)...And you're all invited to attend! This board will determine what future menus will be served following the galley re-opening, so start getting creative...Personally, I'd like to have at least one lunch comprised of poptarts and bagel bites, but I eat like an idiot.

STRESS MANAGEMENT

Stressed out? Me too. The Fleet and Family Support Center has you covered. Check out their Stress Management course Oct. 16, 1400-1600 at building 2135. Learn ways to reduce, prevent, and cope with your stress. Call 4153 or 4141 to register.

DOG WASH FUNDRAISER

Pet owners! Support your local Junior Girl Scout Troop by letting them clean your dog...or cat...or hamster...that'd be fun to watch. The girls will be cleaning your pets Oct. 20, 1000-1400 at West Iguana 2717B. Your donations are always welcomed and you can enjoy refreshments while you wait.

LYCEUM POLICY CHANGE

Effective today per the Commanding Officer, there will be no more alcohol allowed at the Lyceums. No coolers either.

GTMO JOB HUNT

| |
|---|
| NGIS Laborer - 3 Flex Positions |
| Administrative Assistant - Full Time |
| CYP Assistant Lead - Full Time |
| Movie Manager - Full Time |
| Bartender - Flex |
| Bartender Lead - Flex |
| Cashier - Flex |
| Electrician - Full Time |
| Recreation Asst. Lifeguard - Flex |
| Recreation Asst. Lifeguard - Full Time |
| CYP Program Asst. - Full Time |
| Bartender O'Kelly's. - Flex |
| Computer Tech - Full Time |
| Food Svc. Worker - Flex and Sundays |
| Food Svc. Worker - Flex, mornings only |
| Food Svc. Worker - Flex |
| CYP Ops Clerk - Flex |
| CYP Asst. - Flex |
| Cook, Taco Bell - Flex |
| Job Descriptions can be found on MWR's Job Wall next to the NAF HR office, Bldg. 760. FMI, call 74121 |

Carpentry Instructor

Spanish language skills preferred- Not Required. Comfortable working with a diverse population. Part time positions available. Flexible schedules. FMI, call IOM at 74788

MOVIES DOWNTOWN LYCEUM

| | |
|---|----------------|
| FRIDAY | Oct. 12 |
| 8 p.m.: <i>Frankenweenie</i> (new) | PG 87 min. |
| 10 p.m.: <i>Trouble with the Curve</i> | PG13 111 min. |
| SATURDAY | Oct. 13 |
| 8 p.m.: <i>The Watch</i> (new) | R 102 min. |
| 10 p.m.: <i>Looper</i> | R 119 min. |
| SUNDAY | Oct. 14 |
| 8 p.m.: <i>Hotel Transylvania</i> | PG 92 min. |
| MONDAY | Oct. 15 |
| 8 p.m.: <i>Moonrise Kingdom</i> (last) | PG13 93 min. |
| TUESDAY | Oct. 16 |
| 8 p.m.: <i>Savages</i> (last) | R 131 min. |
| WEDNESDAY | Oct. 17 |
| 8 p.m.: <i>D.O.A.W.K Dog Days</i> | PG 94 min. |
| THURSDAY | Oct. 18 |
| 8 p.m.: <i>Step Up Revolution</i> | PG13 99 min. |

CALL THE MOVIE HOTLINE @ 4880

GTMO Holds Physical Fitness Assessment, Tests Endurance

MC2(SW/AW) Justin Ailes

Gazette Editor

Sailors at Naval Station (NS) Guantanamo Bay, Cuba, participated in the mandatory Physical Fitness Assessment (PFA), Oct. 8-12.

The PFA is a bi-annual, Navy-wide examination of physical fitness for Sailors that consists of a body composition assessment, curl-ups, push-ups and a 1.5-mile run.

"This requirement is for the sustainment of physical endurance, health and an overall level of fitness," said NS Guantanamo Bay Assistant Command Fitness Leader (ACFL) Chief Gunner's Mate Karey Tucker. "The idea of the PFA is for personnel to maintain a level of physical fitness required to support overall mission readiness."

Prior to the PFA, Sailors are required to participate in command physical training two hours and 30 minutes (150 minutes) per week, according to Tucker.

"This is one tool that ensures the success of each Sailor to pass their semi-annual PFA," said Tucker. "For others who are more inspired and accustomed to physical fitness, it has become a welcoming addition to their daily military life style."

Sailors overall PFA scores are based on a national fitness range for all ages and gender, based on heart rate sustainment per minute and Chief of Naval Operations (CNO) guidelines, ensuring members are physically capable to meet mission requirements

both at sea and ashore.

"Physical training (PT) positively affects a Sailor's health and well being," said ACFL Intelligence Specialist 1st Class Kyle Cook. "A Sailor who PTs on a regular basis is likely to have less stress and a more positive outlook. The PFA is becoming a huge part of what the Navy is today. The PFA is used to determine eligibility for special programs and even for eligibility to stay Navy. By being a part of the Command Fitness Leader (CFL) team, I feel like I am contributing to Sailors' careers and hopefully influencing them to have outstanding PT habits so that they can reach their goals in the future."

Air Operations Ground Electronics Maintenance Division Workcenter Supervisor and recently announced Junior Sailor of the Quarter Electronics Technician 2nd Class Christopher Whitlow finished the PFA with a run time of 10:54, 75 push-ups, and 100 curl-ups, equating to a score of excellent overall.

"I always feel there is room for improvement, and with that I personally feel that you should always make a goal to do better on the next cycle," said Whitlow. "You shouldn't get discouraged about what you can't do, and never base yourself off of other individuals run times and their push-up and sit-up count. Instead, learn to know your body's own limits and then strive to break those limits. Physical fitness should be a daily and life time commitment that you want to achieve for yourself, not something which should be practiced annually with only days or a few weeks before a PFA."



ET2 Christopher Whitlow (right) encourages a fellow Sailor during the push-up portion of the bi-annual PFA at Cooper Field, Oct. 9.

